

west point

YOUTH SERVICES

Academic Year Program

2002-2003



Youth Services is a branch of the Directorate of Community and Family Activities



Table of Contents

Registration and Program Information 4 & 5
Youth Services Office
Child & Youth Membership
Health Assessments & Registration Forms

Instructional Programs 5-9
Session Registration
Cheerleading
Dance, Drama
Kindergym
Tae Kwon Do, Hapkido
Ice Skating, Tennis
Fitness & Strength Training

Sports Programs 9-13
Baseball, Basketball
Ice Hockey (Travel and Intramural)
Roller Hockey
Lacrosse
Soccer (Travel and Intramural)
Wrestling
Sports Special Events

Youth Center 14-17
Academic Year Hours of Operation
Special Events, STARS
Chess Club
Technology Center
Homework Center
Youth Sponsorship
Halloween Fest
Intervention/Prevention
Leadership Development
Workforce Preparation and Career Exploration
Torch and Keystone Clubs
Camp Counselor Training
Volunteer Opportunities

Partnerships 18
Boys & Girls Club
4-H
Orange County United Way

Other West Point Youth Agencies 18-19

REGISTRATION AND PROGRAM INFORMATION

Youth Services Office – Telephone: 845-938-3727

Visit the Youth Services Center at building 500, Washington Road. The office is open Monday through Friday, 10 a.m. – 6 p.m. Information on academic year programs and summer activities is available.

Youth Center – Telephone: 845-938-3208

The Youth Center is open for youths and teens, grades 6 through 12, to implement middle school and teen programs. The facility is open after school and evenings, Monday through Friday and on Saturday.

Child & Youth Services Membership

A family membership is required for participation in Child and Youth programs. Annual fees are \$15 for a family with one child, \$30 for a family with two children and \$35 for a family with three or more children.



Health Assessments and Registration Forms

Child & Youth Services requires a Registration & Special Needs Screening Form be kept on file and updated yearly or as health status changes. Please contact the Youth Services Office for the required forms. A copy of a school physical examination satisfies this requirement. A current physical and copy of up-to-date shot records are necessary to register for any Youth Services Programs.

Medication Policy

Youth Services staff will administer approved medications in accordance with the Child and Youth Services Standard Operating Procedures. Exception-to-policy requests for other medication must be submitted to the Youth Services administrative office prior to the start of the program and reviewed by the Special Needs Resource Team (SNRT) At least three business days are needed to process approval.

Youth Services Programs

A comprehensive schedule of Sports and Instructional Programs is offered year round for youths ages 5 through 18. Selected programs are also offered for pre-school children. Check Channel 23, the Daily Bulletin, our web site at www.usma.edu/dcf/activity/youth or the Youth Services Office for updated information throughout the year.

INSTRUCTIONAL PROGRAMS

Instructional Programs are scheduled in 5 and 10-week sessions. The registration dates and time period of each 10-week session held during the academic year are listed below. Cost for classes is \$3.50 per 30-minute class and \$5.00 per 50-minute class. Information sheets for each program are available at the Youth Services Office.

Registration Schedule

Session I – Begins 8 August 02

Session II – Begins 7 November 02

Session III – Begins 13 February 02

Class Schedule

3 September – 18 November

No Classes 14 Oct. & 11 Nov.

2 December – 20 February

No Classes 20 Dec. – 1 Jan.

10 March – 22 May

No Classes 24-28 March

Dance Classes

All classes work progressively towards a full-dress recital on May 17, 2003.

Dance Awareness

Dance Awareness is designed to introduce children ages 3 to 5 to the fundamentals of basic movements and rhythm with an emphasis on development, coordination and motor skills.

Eligibility: Ages 3 – 5

Class Schedule: Tuesday 9:30-10:00, 10:15-10:45 & 11:00-11:30 a.m.

Wednesday 10:45-11:15, 11:30-12:00 & 12:15-12:45

Kinderballet

Kinderballet is designed to develop basic ballet skills and techniques with children in Kindergarten.

Eligibility: Kindergarten

Class Schedule: Tuesday 6:00-6:30 p.m.

Thursday 6:00-6:30 p.m.

Ballet 1 & 2

Ballet is open to novice and experienced dancers.

Eligibility: Grades 1 to 8

Class Schedule: Ballet 1 Wednesday 6:00-7:00

Ballet 2 Wednesday 7:00-8:00

Smooth Jam

This program is designed for boys to get into the groove! Come and join the fun.

Eligibility: Grades 1 – 8

Class Schedule: Thursday 7:30-8:00

Jazz

Jazz dance is a program of rhythm and music. Contemporary jazz style develops flexibility and strength.

Eligibility: Grades 3-12

Class Schedule: Thursday 7:00-8:00 p.m.

Tap Dance

Tap dance offers a variety of music to promote the development of rhythmic skills.

Eligibility: Grades 1 – 8

Class Schedule: Beginning Tap Tuesday 6:35-7:35p.m.

Tap I Tuesday 7:45-8:50p.m.

Cheerleading

Focusing on development skills starting with the basics and progressing to the team building necessary for squad cheerleading and competition.

Basic Cheerleading

Eligibility: Grades 3-6

Class Schedule: Wednesday 4:45-5:45 p.m.

Squad Cheerleading

Eligibility: Grades 7-9

Class Schedule: Tuesday and Thursday 5:00-6:30 p.m.

Drama

Children love to be “center stage” at any age. The drama programs offered allow children of all ages to grow and build self-confidence.

Creative Dramatics

This program allows young children to have fun and pretend in a controlled setting. This promotes self-confidence and focus.

Eligibility: Ages 3-5

Class Schedule: Thursday 11:30- 12:30

Beginning Drama

Children learn the basics of acting and stage direction.

Eligibility: Grades K-3

Class Schedule: Thursday 6:00-7:00 p.m.

Drama

Learn the craft of improvisation. Join the fun!

Eligibility: Grades 4-12

Class Schedule: Wednesday 6:00-7:00 p.m.



Martial Arts

Tae Kwon Do

Providing instruction in non-combat Tae Kwon Do. Flexibility, body awareness and mental concentration are characteristic of this martial art.

Eligibility: Ages 6-18

Class Schedule: Beginners
 Yellow Belts & up

Monday/Wednesday 6:00-6:45 p.m.

Monday/Wednesday 7:00-7:45 p.m.

Hapkido

Learn the Korean martial art that teaches a wide range of self-defense techniques. The areas of concentration are strikes, kicks, blocks, avoiding movements, holds, locks, throws, tumbling, meditation and healing.

Eligibility: Grades 4-12
Class Schedule: Thursday 6:45-7:45 p.m.



Ice Skating

Students learn to ice skate or improve their skating skills. Lessons will be 30 minutes. Lessons are run in 5 class sessions. Registration is open at all times. Skate rental is available.

Eligibility: Ages 3-18
Class Schedule: Sundays 1:00-1:30 Beginner
 1:30-2:00 Beginner Plus
 2:00-2:30 Intermediate all ages
 2:30-3:00 Advanced

Kindergym

Take advantage of the opportunity to enhance socialization and improve gross motor skills through song and basic gymnastics. Activities are designed to be enjoyed by children with their parent or caregiver.

Eligibility: Ages 2-4
Class Schedule: Tuesday 9:30-10:00, 10:15-10:45, 11:00-11:30, and 12:15-12:45

Tennis

With the availability of a premier indoor tennis facility at West Point, fundamentals of the world's favorite racquet sport are taught throughout the year. Classes are taught in the Lichtenberg Tennis Center.

Eligibility: Ages 6-18

Class Schedule:	Monday/Wednesday	6:00-6:45	Beginners
		7:00-7:45	Advanced
	Tuesday/Thursday	6:0-6:45	Beginners
		7:00-7:45	Advanced

Fitness & Strength Training

This program is designed to provide teens the opportunity to start a personal fitness and strength training program by exploring a variety of techniques and equipment in a safe environment. The program will provide teens with:

- Certified Instructors to help each participant define their personal goals
- A fitness plan to support their current and future fitness goals
- Confidence to train independently
- Knowledge that can be shared with their peers

Eligibility: Grades 8-12

Class Schedule: 50-minute classes
Days will be announced

SPORTS PROGRAMS

Youth Services offers a variety of sports programs for the youths living at West Point. The West Point Youth Sports philosophy concentrates on team and character building, sportsmanship and skill development. Our programs rely on the participation of parents as volunteer coaches to support all Youth Sports programs. In accordance with the Department of Defense standards, all coaches are trained and certified by the National Alliance of Youth Sports as well as sport specific training for hockey and soccer. To acknowledge the time and effort of our volunteers, Youth Services provides coaches a credit for their child's registration fee in the sport they are coaching.

Youth Services provides a variety of programming with focus on skill development and fun through positive mentoring and sportsmanship. All participants, from players to coaches, are required to sign a code of ethics. Youth Services encourages youth to participate in the many facets of youth sports where fun and excitement abound!

Baseball

The youth baseball program has an annual enrollment of approximately 300 children. Baseball begins in early spring and ends prior to West Point graduation for players in kindergarten through age 12. The Senior League season for players age 13-15 years ends in late June. Practices for all players begin in early April. Coaches meetings and registration will be held in March.

Program Cost:	\$30.00
T-Ball	Kindergarten
Training League	Ages 6 & 7
National League	Ages 8 & 9
Little League	Ages 10 – 12
Senior League	Ages 13 – 15

Basketball

All leagues will play a full schedule of games. Registration begins October 3. Coaches meetings will be held in mid-November. A skills clinic is scheduled in November. Practice begins in November with the season concluding in early March.

Program Cost:	\$30.00
Training League:	K-1 st Grade – Coed
Junior League:	Grades 1 & 2 - Coed
Collegiate League:	Grades 2 & 3 - Coed
Junior Varsity League:	Grades 5 & 6 - Coed
Boys Varsity League:	Grades 7 & 8
Girls Varsity League:	Grades 7 & 8

Ice Hockey

Youth hockey is one of the most popular winter sports offered by Youth Services. On weekends the competitive teams play visiting squads from New York, New Jersey and Connecticut. Ice time for each age group is announced at the beginning of each season with the majority of practices and games scheduled for Saturday mornings and selected weekday evenings from September through mid-March. Starting in September, skating clinics will be administered by the Army Hockey Staff to establish travel teams. The West Point Junior Black Knight travel teams are members of the Hudson Valley Youth Hockey League and play a competitive schedule. All Ice Hockey participants are members of USA Hockey and New York State Amateur Hockey Associations.

Program Cost:	\$70.00 to \$125.00
Atoms:	Ages 4-6 (Must be 4 by 7 October 2002)
Mites:	Born in 1994-1995
Squirts:	Born in 1992-1993
PeeWee:	Born in 1990-1991

Bantam: Born in 1988-1989
Midgets: Born 7/1/84 - 1987

Location: Hollander Center; Tate Rink, home of Army Hockey

Each player is required to supply his or her own helmet, padding, skates and stick. Pants and socks are supplied by Youth Services. Jerseys are provided to Atoms. A more detailed list of necessary equipment will be furnished at the time of registration.



Roller Hockey

Intramural roller hockey will be offered based on community interest levels for grades 1-8. Structured programming will be held during the summer months and early fall. Jersey and goalie gear will be provided through Youth Services. Teams will be decided by skill and age for safety reasons. All teams will be coed. Games are played both in house and against outside organizations.

Program Cost: \$30.00
Mites: Grades 1-2
Squirt: Grades 3-4
PeeWee: Grades 5-6
Bantam: Grades 7-8
High School Program

Lacrosse

Lacrosse will be played in both developmental and club form. The Junior Club is formed of players in grades 6-9 and will play against other Hudson Valley clubs. Practices begin in early May with games in June and July. The Development League is for grades 1-8. The developmental program serves as an introduction to lacrosse and works on skill development. At the conclusion of the developmental program, intramural teams will be formed to play games.

Program Cost:	\$30.00 Intramural, \$50.00 Travel
Initiation Lacrosse:	Grades 1-4 Coed
West Point LAX boys:	Grades 5-8
West Point LAX girls:	Grades 5-8
West Point Juniors:	Ages 13-15



Soccer

West Point Youth Services offers soccer for all, ages 4-18. In our recreation level teams, we concentrate on the FUN-DAMENTALS of soccer while developing skills and sport knowledge. The travel soccer teams are members of the Hudson Valley Youth Soccer League, American Youth Soccer Association and Eastern New York Youth Soccer Association. Skill and footwork clinics are held for players throughout the year.

Intramural Soccer

Cost:	\$30.00
Just-4-U Soccer:	Age 4 only
Division A:	Kindergarten & Grade 1
Division B:	Grades 2 & 3
Division C:	Grades 4 & 5

Hudson Valley Youth Soccer League - Travel Soccer

Cost:	\$30.00
Under 10 Girls	Under 10 Boys
Under 12 Girls	Under 12 Boys
Under 14 Girls	Under 14 Boys
Under 16 Girls	Under 16 Boys

All travel games will be held on Sundays according to the schedule of the league.

Wrestling

The youth wrestling program is administered by Cadets and is held in the Army wrestling room in Cullum Hall. The program is available for ages 5 to 18 and offers instruction in both Free-style and Greco-Roman wrestling techniques. Fall and Spring sessions will be offered.

Program Fee: \$30.00

SPORTS SPECIAL EVENTS

During the calendar year Youth Services sponsors many different special sports events for the community.

- **July** - The Ken Griffey Junior Home Run challenge is held on Buffalo Soldier Field for ages 7 – 15.
- **September** - The NFL/Gatorade Punt Pass & Kick competition is held.
- **November Challenge** starts our basketball season. The Dawn Staley Basketball is held for 8 weeks after school.
- **November** - Our annual Paul Haggerty Memorial Ice Hockey Tournament is held.
- **December** brings the Winter Basketball Tournament for grades 6-8.
- **January and February** hold a dual team Ice Hockey Tournament for Mites, Peewees, Squirts and Bantams.
- **March** brings the close of basketball and The Knights of Columbus Free Throw Competition.

Throughout the year sport specific clinics are held prior to the start of the sport season to promote skill development. Please make sure to inquire at the Youth Center.

YOUTH CENTER

Middle school and teens, grades 6 to 12, gather at Building 500 for both planned and spontaneous activities daily. This is a 15,000 square foot building offering a full basketball court, teen and middle school lounges, a technology center and snack area with billiards and air hockey tables. Planned programs are from Boys and Girls Club programs such as the Fine Arts Program, SMART Kids programs and Project Learn. We also offer programs from 4-H and the Army Youth Program Framework. A monthly calendar is developed with daily activities and events that include trips, computer games, contests, gym activities and crafts. Check out the activities by stopping into the Youth Center or check our web site at www.usma.edu/dcfa/activity/youth

Academic Year Hours of Operation (Beginning August 20, 2002)

Monday & Wednesday	2:30-6:00 p.m.
Tuesday & Thursday	2:30-6:00 p.m.
	6:00-8:00 p.m. (Technology Center Only)
Friday	2:30-6:00 & 7:00-11:00 p.m.
Saturday	2:30-6:00 & 7:00-11:00 p.m.

Special Events

Trips, parties, contests and movie nights are some of the exciting special events offered. All off-post trips require pre-registration and a permission slip signed by a parent or guardian. Fees may be charged. Program details are available at the YS office.

STARS

Sports, Technology, Arts & Crafts, Recreation and Special Events (STARS), is a program designed for youths in grades 6 through 8. Most events are free and open to Youth Center members. Fees are kept to a minimum.

For more information, STARS is listed separately on the website (www.usma.edu/dcfa) or call 938-8525.

Technology Center

The Technology Center features 15 state-of-the-art workstations equipped with high speed Internet connections for educational and entertainment purposes. We have the latest in hardware and software with all the necessary accessories to back it up. With computer technology as a strong foundation, we have developed a wide range of specialized programs that utilize not only the technology available at the YS Lab, but also the imagination and intellect of those children and young adults who participate. Programs include exploration of the fine arts and multi-media through digital and traditional photography, digital movie making and web design. These programs not only incorporate learning the steps involved in understanding these state of the art studies, but also guide students in the development of their own works of art. Consequently, whether it is a student produced photography exhibit, a public service announcement or a web page,

the children will be able to produce something that they can take pride in while learning essential life skills.

Homework Center

The Homework Center is open after school for students in 4th through 12th grade. The Homework Center will assist students with projects and tutoring in addition to homework. Call the School Age Services (SAS) coordinator for more information at 938-8898.



Chess Club

Chess club is a program run in conjunction with the cadet brothers of Phi Beta Sigma Fraternity, Inc. This program teaches students the basics of chess through competition strategy. Registration is necessary.

Eligibility: Grades 4-12

Class Schedule: 7:00-8:00 p.m.

Youth Sponsorship

The sponsorship program is designed to help newly arriving youths become familiar with the West Point community, schools and local towns as well as the surrounding region. To help children and families there are many resources available. Technology Center Pen Pals, monthly birthday celebrations, hail and farewell parties and special events are just a few ways for youth to participate, meet new people and do exciting things.

Halloweenfest

As part of the Youth Development program there is an annual HALLOWEENFEST for high school teens grades 9-12 from the West Point Community and Highland Falls Central School District. This event is held at the West Point Ski Lodge on Halloween Night, October 31 from 8-10 p.m. There is no charge for this event; however, all registration must be done in advance at O'Neill High School prior to 3 p.m. on October 31. A party with a professional DJ, dancing, games and contests, prizes and free food make this an event that no one should miss.

Intervention/Prevention

The Red Ribbon Campaign is a program run jointly with the West Point Drug and Alcohol Prevention Program, McGruff the Crime Dog from PMO, West Point Schools and O'Neill High School. This weekly event held each year is focused on raising awareness about the negative impacts of drug and alcohol abuse as well as encouraging youth to make healthy choices for themselves. The community is urged to join this effort.



Leadership Development

Leadership development is emphasized throughout the Youth Development Program. Keystone and Torch Clubs provide avenues for youth and teens to become involved in leadership roles within the Youth Services Program. To further this development, a series of trainings are held each year utilizing various programs such as Prudential Youth Leadership Institute and Character Counts Curriculum. These programs provide youth with the opportunity to meet and train youth from West Point and installations throughout the region. A team of youth leaders brief the Garrison Commander on the groups' yearly goals and also become involved in the community Army Family Action Plan Symposium.

Torch & Keystone Clubs

Torch Club (Middle School Leadership Group) and Keystone Club (High School Leadership Group) are organizations that provide youth with a way to make their voices heard. Club meetings are held twice a month and focus on youth programs and community life. Youths have an opportunity to plan special events, get involved with community service projects and conduct fund-raisers to accomplish goals established early in the academic year. Officers and representatives from the housing areas are elected in late September.

Workforce Preparation and Career Exploration

West Point Youth Services offers a workforce prep program for teens 13 and up to help them prepare for their first job. This program is offered in the spring and helps teens learn how to fill out applications, write resume and cover letters and learn job skills such as team building, communication skills, problem solving, phone etiquette and much more. Along with this process, teens evaluate the different assets they possess to develop to follow specific career paths.

Camp Counselor Training

Teens age 13 and up work as summer camp counselors and academic year classroom assistants each year. Applications are available in April with interviews, selection and 6 hours of training being held at the end of May. Teens are then placed for a 1-2 week period in the school age summer camp program and have the opportunity to extend their service into the academic year.

Volunteer Service

West Point youths have many opportunities to become involved in volunteer services, on an individual or group basis, at West Point or in other communities. Ideas for volunteer service are gathered from the youths at council meetings. Five West Point teens received \$1,000 scholarships in recognition of their contributions to the West Point and surrounding community programs over the past 3 years.

America's Promise Passport

West Point youth have many opportunities to become involved in volunteer services on an individual or group basis at West Point or in other communities. Ideas for volunteer service are gathered at club meetings, from the community and from Child and Youth Services Programs. Involvement in the America's Promise Passport Program is a Department of Defense (DoD) sponsored initiative to report youth community service. The goal of this program is to mobilize the more than 300,000 children of active duty personnel to volunteer 1.5 million hours annually to better their communities.

WEST POINT YOUTH SERVICES PARTNERSHIPS

Boys & Girls Club

West Point Youth Services is a member of the Boys & Girls Clubs of America. Army Youth Services Programs and the Boys & Girls Clubs of America have a partnership designed to pursue a mutually enriching relationship to serve children of the nation's military personnel. The focus is on character and leadership development, education and career development, health and fitness, arts, sports, fitness and recreation.

4-H

Youth Services is pleased to administer a 4-H program. Our 4-H clubs offer youth opportunities in leadership, decision-making, public speaking, and community service. We also offer practical experience in working on a set of projects to completion. The projects, which are chosen by the youth in conjunction with adults, may include woodworking, rocketry, gardening, sewing, electricity, etc. They are presented annually at the Orange County and New York State Fairs. The clubs meet on Monday evenings twice a month at the Youth Center. Presently the clubs consist of youths at age levels, 1st – 3rd grade and 4th – 8th grade. A high school club may be established if there is interest.

Orange County United Way

West Point Youth Services is a member agency of the Orange County United Way. The Orange County United Way is comprised of 38 member agencies that are committed to improving the quality of life for residence in Orange County.

OTHER WEST POINT YOUTH AGENCIES

Child Development Services – Bldg. 1207 – Offers full-day and hourly care for children ages 6 weeks to 5 years and part-day preschool for 3 and 4-year-olds. Phone: 938-4798/4523.

Family Child Care – Offers full-day, part-day and hourly care for children 4 weeks to 12 years old in approved government quarters. Call for information on how to enroll your child or to become a Family Childcare Provider – 938-3921.

Parent Advisory Group (PAG) – The PAG has been formed to gather suggestions and input on the policies governing our programs and procedures. If you are interested in serving on this committee, please call the Youth Services Office – 938-3727.

Outreach Services (OS) – Offers central enrollment, alternative child-care options and baby-sitter training – 938-8898.

School-Age Services (SAS) – Offers activities for children ages 5-12 before and after school and all day when school is not in session. Currently the program for children in kindergarten through grade 2 is held at Bldg. 1207 and for children in grades 3 through 6 in Bldg. 500. Call for more information – 938-8898.

Bowling Center – Administers youth bowling leagues sanctioned by the Youth American Bowling Association. For more information call 938-2140

Community Recreation Division

Snow Ski lessons for youth that want to learn to ski or improve their skills are provided at the Victor Constant Ski Slope. Call for more information – 938-3726

Golf Course- Youth golf lessons are taught during the summer months at the West Point Golf Course. For more information call 838-2435

Swim Club – ages 6-18. Contact JoAnn McCaffrey 628-4898.

Scouts

Boy Scouts: Scoutmaster, Col. Michael Jones 446-7573/938-5706

Girl Scouts: Peggy McCourry 446-7199

ODIA Summer Sports Camps

For information, call 938-3100

Baby Sitter Training

For information on Teenage Babysitter Training, contact the Child Development Center, 938-4458

Schools

James I. O'Neill High School – 446-4914

John S. Burke Catholic High School – 294-5481

New York Military Academy – 534-3710

Orange County BOCES – 294-5431

Sacred Heart School – 446-2674

West Point Elementary School – 938-3506

Religious Education

Catholic Sacramental Preparation, pre-school-8th Grade

POC: Catherine Heppes 446-2656/938-3721

Jewish Religious Education, all ages: 938-2710

Chapel Groups

God's Gang, Christian nondenominational, grades 6-8

Young Life, Christian nondenominational, grades 9-12

POC: Darren Shelburne 938-7682/446-3927

God's TYM, Total Youth Ministry, Catholic, Grades 9-12

POC: Catherine Heppes 446-2656/938-3721

West Point Youth Services

A Branch of the Directorate of Community and Family Activities

**Bldg. 500, Washington Rd.
West Point, NY 10996
938-3727/3208**

